

The Fort Huachuca Scout®



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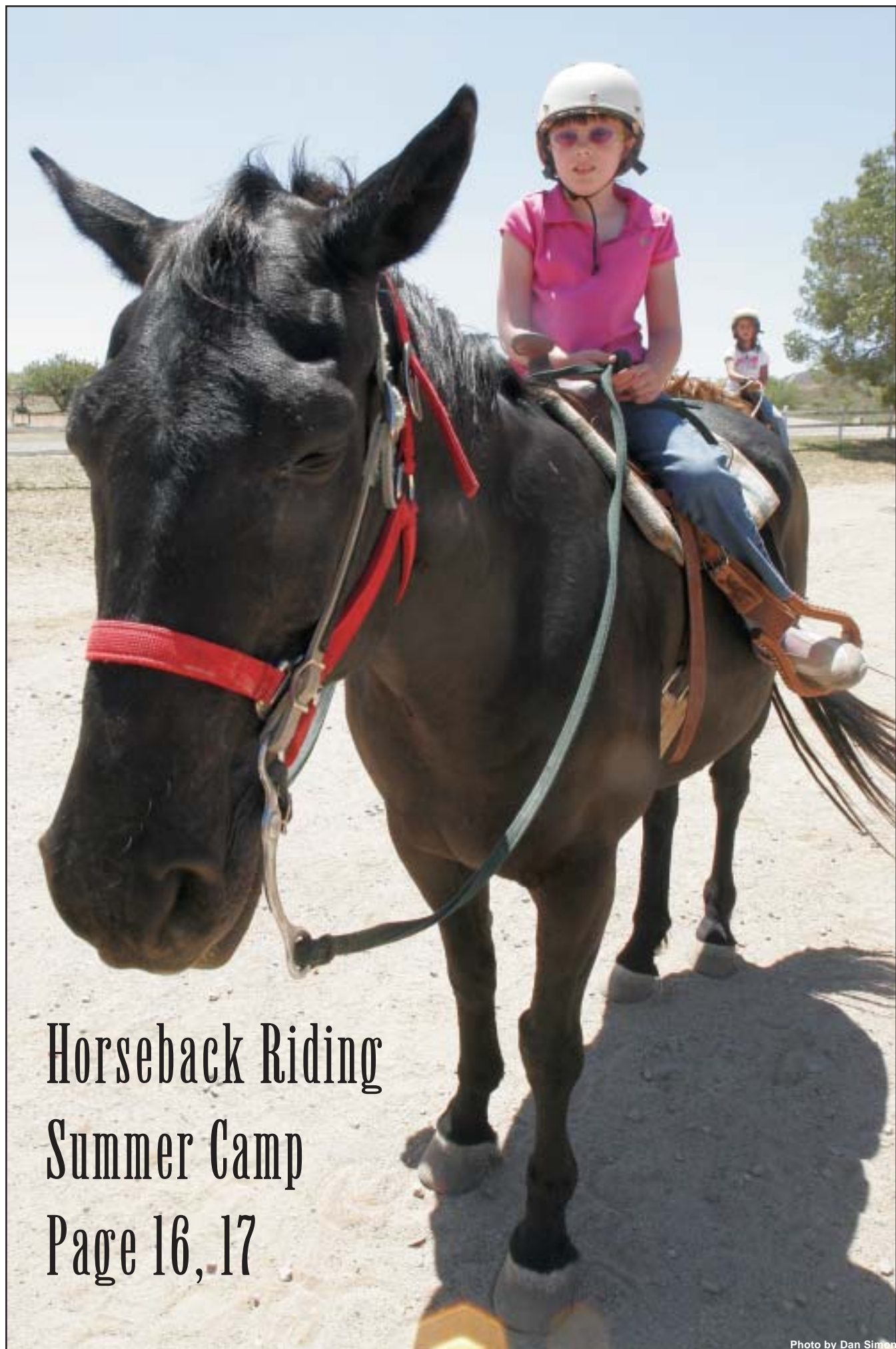
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Photo by Dan Simon

NCOs key to winning war and keeping the peace

BY ROGER W. PUTNAM
ARMY NEWS SERVICE

History has taught us many lessons on what to do after a war is won. Germany and Japan are just two examples of defeated countries that rose from the ashes of defeat to become leaders in the international community with the direct assistance of the United States. In no small respect, the U.S. military's noncommissioned officers and their troops became the ambassadors of goodwill in these countries, and played a major role in winning the hearts and minds of the people. Earning the trust of the people is essential if any reconstructive effort or peacekeeping mission is going to be successful.

Today's problems in Afghanistan and Iraq are similar. The NCOs and their troops are the ones seen everyday on the streets of the cities and towns. It is their behavior that shapes the views of the local population and reflects what America is all about.

One of the hardest tasks for the NCO is to not blame all the people for the acts of a few. We have trained our Soldiers to be war fighters, and justifiably so, but America's Soldiers are still filled with compassion for children and the down-trodden.

It is difficult for the NCOs to see their Soldiers attacked by insurgents and not become cynical toward the populace. But, thank God, our NCOs have proved they have the values and ability to put those feelings aside and perform

the acts of kindness we see them doing the world over, especially in Iraq and Afghanistan. Cynicism only undermines our ability to build a rapport with the population.

The NCO is instrumental in ensuring the populace understands America's values and that it is a truly compassionate country. In Vietnam, our Soldiers built orphanages and schools, treated the sick, and spent untold hours assisting the Vietnamese, even while being attacked daily by insurgents.

U.S. Soldiers have performed similar deeds in every conflict our country has been involved in, and the NCO has always been at the forefront of these activities. Without the noncommissioned officer, many of these endeavors would not have succeeded, or even

existed. The NCO has to be the positive influence in both peace and war. NCOs make things happen.

The NCO must always remember that planning is done at a higher level, but implementation of orders is an NCO responsibility. The NCO is responsible for teaching and training his or her subordinates, not only in war fighting techniques, but also how to approach the populace, how to understand and appreciate their culture, and how to treat them as they would want to be treated.

Trying to understand the rules they live by is as foreign to our culture as ours is to theirs. A smile to civilians from one of our troops is a language that anyone can understand, and lays a foundation that reconstruction can build on.

Post exchange is a benefit worth fighting to keep

BY MASTER SGT. JON CONNOR
ARMY NEWS SERVICE

Throughout my 19 years in the Army, I've heard and continue to hear a lot of bashing about the post exchange, commonly called the PX. While some of the concerns are warranted, there is still plenty of good about the PX to keep me coming back.

I'll go as far to say the PX is one reason, along with the commissary, that influenced me to make a career out of the Army, so that I could continue to enjoy my privilege of shopping there throughout life.

Yes, indeed, it is a privilege. For if you are not affiliated with the military in some legal capacity that meets Department of Defense requirements, you aren't allowed to shop at these facilities.

Please understand when I say PX, I am also referring to the exchange stores at all Army posts, Air Force bases, and even those stores at the Navy and Marine Corps installations worldwide.

So, what exactly do I like about the PX?

Well, for starters, I like the fact that I don't pay any tax. That's more money into my pocket. Can you imagine how much money I've saved during the last 19 years and will save throughout a lifetime?

I also like the deals the PX offers every week. I am a consumer in the truest sense. I look for bargains

everywhere I go. Every time I walk into the PX or its related stores, I look for future flyers, so I know what the sales items will be.

And then I buy.

As a master sergeant with a family, you know I'm not rich, but I'm able through the Army & Air Force Exchange Service's competitive credit card rate to make big purchases if the need arises. Otherwise, I pay as I go and reap the benefits.

Some of the items I have bought on sale include televisions, stereo equipment, clothes and furniture. I'm not talking about some 10-20 percent sale, but sometimes as much as 75 percent off.

I still remember standing in line in Darmstadt, Germany in the PX parking lot one night to buy a Green Bay Packer winter jacket for \$35. The original price was about \$125-\$150.

I also will never forget "stealing" clothing – shirts, pants and jackets – the day after Christmas at the Fort Eustis, Va., PX. The items were about 90 percent off.

And even here I bought a black leather jacket after the Christmas holidays that I paid 50 percent off, off of an already marked 75 percent discount. Talk about dirt cheap.

The memories and savings go on and on.

In all fairness to those people (those other customers) that think the PX could do a lot more,

well they are right, too. Here are some complaints I've heard: higher prices than off post; not enough assistants on the floor; price tags missing on some merchandise; unqualified department personnel; not enough variety; restrooms that need better cleaning and repair; and the list goes on.

I acknowledge these statements as part of the military culture. I try to find some good in the not-so-good, which of course is a matter of perspective.

The PX system, like everything else, is not perfect. The PX has signs posted all over saying it has people that go off post and check the prices in the stores to ensure its patrons are getting a better deal.

Well, try as it may, I know its personnel are not checking every item, as that's simply impossible. I've seen better off-post prices in specific instances, especially for music and videos.

Nevertheless, the PX has a good return policy and will price match exact items off post.

Sometimes, no exact item exists off post, so I have to decide which model for the price am I going to put down my hard-earned money on.

It is this I feel is the main draw of the PX. I have a choice that is not afforded to the average American. I can shop around and find the best deal that suits me, on post or off. Either way I win.

The Fort Huachuca Scout

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Post housing to see replacement, renovation

BY SGT. JOY PARIANTE
SCOUT STAFF

Soldiers living, working and playing on Fort Huachuca may have noticed a lot of construction going on in the post's abandoned housing areas lately. This construction is part of a long-range housing renovation that will provide newer, better homes for Huachuca Soldiers.

According to Grace White, chief, Family Housing, "Fort Huachuca is in really good shape as far as renovation of quarters." White said that there are housing renovation plans projected for every year from 2004 through 2007.

The construction currently being seen in post housing is part of the Fiscal Year 2004 project which will demolish 222 older homes and replace them with 201 larger, more energy and water efficient homes. By the spring of 2006, 50 of these homes should be available for E1s-E6s and their families to move into, White said. The FY04 project will also include building the first five-bedroom home on Fort Huachuca to accommodate larger families, White said. Future projects also include the construction of one or two five-bedroom homes per project.

The FY 2005 project will demolish 258 homes and construct 201 E1-E6, 3 to 4 bedroom homes. FY 2006 will see the demolition of 175 homes and the

construction of 131 and FY 2007 will demolish 268 homes and replace them with 99 E1-E6 homes and 20 senior noncommissioned officer homes. Also included in the FY06 project are playgrounds, soccer and baseball fields and tennis courts. Jogging and walking paths are also planned should funding be available. A community building is envisioned for beyond 2007, White said.

The new housing is similar to the FY 02 Pershing Plaza West One complex that was recently finished, White said. Homes will have tiled roofs, xeroscaping, solatubes, low-flow shower heads and low water usage toilets to help save energy and water. There will be more solatubes, which funnel natural outside light into a concentrated beam of light to illuminate the room. Solatubes will not only be in the kitchen and bath, but also in the laundry room, in bulk storage and in the hallways. White said she hopes this will cause residents to use less electricity because they won't need to turn on the lights as frequently.

Also, as in all the newly constructed housing areas on post, five percent of the houses will be handicap accessible with larger doorways and hallways for ease of movement, White said. She added that Fort Huachuca has been very successful in getting handicap housing

to post residents who need it.

To avoid a "cookie-cutter" housing area, White said they will be using distinct variations in colors on the roofs and exteriors of the new houses. Also, White said, the courtyards will vary between brick and stucco and windows and garage doors will feature individualized architectural accents to make each house unique.

White added that many roads in the renovated housing areas will change due to the layout of the master plan. Some roads will no longer exist, some will be renamed or rerouted and some will be new all together.

Also in the plans for Fort Huachuca's housing improvements is some structural renovations/improvements for the historic houses on Grierson and Henry, White said. "Starting in FY06, there will be major renovations in the historic quarters," she said. "It will consist of replacing the existing stucco and restoring and repairing the adobe."

Many of the houses on Officer's Row have been standing for more than 100 years, White said. Considering the advancements in technology and the resulting needs, some improvements will be made to the antiquated electrical wiring systems. "The homes just don't have the electrical system capabilities for supporting modern systems," White



Photo by Dan Simon

Family housing has plans to replace and renovate homes through 2007.

said. Data lines and cable television drops will also be installed at this time.

There will also be repairs and replacements made to roofs and windows of the homes and to any chimneys that need work due to safety issues, White said.

White stressed that there will not be any interior improvements done at this

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Worldwide events to mark Army's 230th birthday

ARMY NEWS SERVICE

In honor of the Army's 230th birthday, celebrations took place worldwide from Kansas City to Camp Zama, Japan.

More than 20 Army bands performed across the country from the commanding general's run at Fort Wainwright, Alaska to a Magic Kingdom parade and Epcot Center concert in Orlando, Fla. Performances were also held overseas.

"This year, we are trying to reach out to the community more and more and expanding events" said marketing director of the Army's Community Relations and Outreach Division Laura DeFrancisco.

Army birthday ceremonies were also scheduled to be held at 14 different major league

baseball games across the nation as well.

In New York City, Good Morning America and Fox News Dayside with Linda Vester both covered the Army Birthday celebrations and Flag Day parades on Tuesday. Members of the Association of the United States Army rang the bell to close the New York Stock Exchange too. On Saturday, the Golden Knights Army Parachute Team will jump into Yankee Stadium.

Events in Los Angeles, Calif., began earlier in the week and concluded with flag-raising at television stations.

Flag-raising, recruit swearing-in ceremonies, concerts, festivals, and other salutes took place in Chicago.

In Washington, D.C., events in tribute to the Army Birthday

June 14 included a flag-raising ceremony at Fort Myer, Va., a wreath-laying ceremony at Arlington National Cemetery, a Pentagon Cake-Cutting with a future Soldier swearing in, and a Twilight Tattoo at the White House Ellipse.

Events throughout the rest of the week included a cake-cutting at the Senate and House of Representatives yesterday and one at Walter Reed Army Medical Center today. The Army Birthday Ball for servicemen and women and invited guests will be Saturday at the Hilton Washington Hotel.

More than two dozen country-music artists recorded messages honoring Soldiers worldwide. Their public service announcements are available to TV station managers and program producers

nationwide, at no cost. To view the recorded messages by country music artists to the Army, visit the Web site at www.dvidshub.net.

The 230th Birthday logo illustrates: 230 Years of Service to Our Nation.

From 1775 – one year before the United States declared its independence in 1776 – the United States Army has protected and fought for the nation's freedom. DeFrancisco explained, "Every year we want to recognize the Soldiers who served, remember our heritage, and to honor those who are serving today."

For more information about events to mark the Army's 230th birthday, visit the Army's special Web site at www.army.mil/birthday/230/.



Photo by Eric Horton

Chap. (Maj.) Robert Neske and Spc. Felicia Carlson, the oldest and youngest (respectively) Soldiers in U.S. Army Network Enterprise Technology Command/9th Army Signal Command, cut the Army Birthday cake June 14, at a ceremony in Greely Hall.

West Nile Virus season is here again

BY 1ST LT. MATTHEW RIED

CHIEF, ENVIRONMENTAL HEALTH, RWBAHC

The West Nile Virus season is fast approaching. As the weather starts to warm and the winds begin to fade, the mosquito numbers will start to increase again, and the threat of WNV and other mosquito-borne diseases will emerge. Four hundred forty one female mosquitoes were collected from Fort Huachuca in the summer of 2004 with only one testing positive for the disease. Although these numbers are extremely low compared to the rest of the state of Arizona, there is no way to predict the severity of the 2005 season. 2004 was extremely dry, and our largest numbers were found late in the season in August. Predicting a wetter monsoon this year would result in larger numbers of mosquitoes and potentially a higher incidence of the virus.

What is West Nile Virus?

West Nile Virus is a mosquito-borne virus. Most people and animals infected with it either do not have symptoms or will only have a mild sickness. Mosquitoes become infected with the disease

when they feed on infected birds. Not all species of mosquitoes can carry West Nile Virus and an even smaller percentage will actually transmit it. The disease has been reported in more than 150 bird species. Crows, ravens and jays are the most susceptible to it. A sign that West Nile is in the area is an unexplainable presence of dead birds. Animals such as birds cannot transmit the virus to humans.

How is West Nile Virus transmitted?

West Nile Virus is transmitted through the bite of an infected female mosquito. There have also been cases of the disease through infected blood and organ donations, although this is becoming increasingly rare.

What are the symptoms?

Most of the people who become infected with it do not show symptoms or may experience a mild illness, such as fever, headache, and swollen glands. Symptoms can include fever, headache, muscle weakness, seizures, confusion and/or disorientation. About one in 150 cases will require hospitalization. Three to 15 percent of the most serious

encephalitis cases can be fatal.

How can I help prevent the spread of this disease?

The best protection from West Nile Virus is to reduce the number of mosquitoes around your home. Eliminate standing water where mosquitoes can breed, such as cans, old tires, buckets, etc. Change the water in flower vases and bird baths twice a week. Keep pools maintained and in good condition. Use insect repellent on exposed skin when outside, or wear long sleeved shirts and long pants. Stay indoors during hours of high mosquito activity – typically dusk and dawn. All of these preventive measures will help to reduce the spread of this disease.

Who is at risk?

The disease itself is actually a fairly mild disease. It can have some devastating effects however and present as encephalitis, West Nile fever, meningitis, and acute flaccid paralysis. Everyone is at risk for this disease, but typically the more physically fit and healthy the individual, the less chance they have of falling victim

to the more serious manifestations of this illness. Everyone should take precautions during times of peak mosquito activity, but individuals with potentially weak immune systems, as well as infants and the elderly, are particularly at risk. The most significant risk factor for developing severe neurological disease is advanced age.

If you or a loved one becomes sick this summer, seek medical treatment as soon as possible. Try your best to remember if, when, and where you may have been bitten by a mosquito prior to the onset of your illness. (The incubation period for West Nile infections is thought to range from three to 14 days in individuals with a strong immune system). For more information on West Nile Virus, contact the Raymond W. Bliss Army Health Center Environmental Health Department at 520-533-3536, or the Arizona Department of Health Services at 602-364-4562. More info can also be found on the Web at www.rwbach.huachuca.amedd.army.mil/pmvars/EH.htm or www.cdc.gov/ncidod/dvbid/westnile/index.htm.

DoD study to investigate Soldier health

ARMY NEWS SERVICE

In response to health events surrounding the 1990-1991 Gulf War, a need was identified to conduct a long-term study of the health effects of military service and deployment. Health experts from the Department of Defense and Veteran's Administration cooperated to design the Millennium Cohort Study, perhaps the largest DoD health study to date. Enrollment began in the fall of 2001, and has already reached 100,000 Active Duty, Guard, and Reserve service members, of whom more than 43,000 are members of the U.S. Army. One hundred forty thousand service mem-

bers are expected to join the cohort by 2008.

The study is led by Dr. Margaret Ryan, a commander in the U.S. Navy, who is located at the DoD Center for Deployment Health Research, San Diego, Calif.. The Army investigator for this study is Col. Paul J. Amoroso, MC, U.S. Army Research Institute of Environmental Medicine, Natick, Mass.

The purpose of this announcement is to increase awareness about this landmark study. Only individuals invited to participate are eligible. Invited participants are scientifically selected to participate and will be asked to complete a survey every three years through the year 2022. In order to make participation as effortless as possible, respondents have the

option of completing either online surveys via the worldwide web, or paper surveys that arrive in the U.S. Mail.

The increased Ops Tempo related to Operations Enduring Freedom and Iraqi Freedom has recently made reaching active duty and reserve Soldiers more difficult. It is therefore extremely important that any Soldier invited to participate carefully consider doing so. Early results from the study have already led to a better understanding of the general health of U.S. service men and women, while future studies will aim to look at more specific diseases and multi-symptom illnesses. For additional information visit: www.millenniumcohort.org.

Raymond W. Bliss Army Health Center updates

BY SELINA JEANISE

RWBAHC PUBLIC AFFAIRS OFFICER

June is Men's Health Month and in observation of this the Community Health Nurses at the Raymond W. Bliss Health Center will have a health education booth in front of the center on Monday, June 20, from 10 a.m. to 2 p.m.. Health Professionals will be present to answer questions, hand out literature, and take blood pressure readings.

Men's Health Facts

The top three causes of death for men in the United States are 1) Heart disease, 2) Cancer and 3) Injuries.

Women live longer than men, on the average about six years. Women also are 100% more likely to visit the doctor for annual exams and preventive services than men. Ok guys! You know what you need to do!

What can a guy do? Heart disease can result from many different factors. First, don't become overweight.

Eat right and exercise. Check your blood pressure, cholesterol, and blood glucose levels periodically, as recommended by your primary care provider. Don't smoke. Smoking causes cancer as well as contributing to heart disease. Don't drink in excess. Know your family history. Did your mom or dad have high blood pressure or diabetes? Do you have a family history of heart disease or cancer? If yes, then alert your health care provider. Be safe, especially in the

workplace, men are victims of more than 92 percent of workplace deaths. Men, believe it or not you are NOT Superhuman. Know your limits. Stay safe, stay alive.

If you have any questions on any health topics please call the Preventive Medicine Wellness and Readiness Services Department at 533-3536. We have health professionals available for you or your organization to answer questions or give classes on a variety of health topics.

POSH training on-line

BY EFREN MEDRANO
FORT HUACHUCA EEO

The Department of the Army has mandated that Prevention of Sexual Harassment training be conducted for all Army personnel. Newly appointed supervisors are required to receive Initial Classroom POSH training within 90 days of their appointment, new employees are required to receive their Initial POSH training within 120 days of their entry on duty date, and all employees are required to receive Refresher POSH training biennially.

POSH On-line Refresher training is an alternative to the classroom refresher training only. POSH refresher training through this delivery method will provide effortless accessibility and will ensure that the Army maintains a professional

and courteous work environment that we can all be proud of where all employees can deal effectively with issues of sexual harassment and sexual discrimination.

All Army Personnel can access a web-based training module developed by the Army Corps of Engineers Professional Development Support Center (PDSC) virtual campus.

To access the training, go to virtualcampus.usace.army.mil/common/public/html/index.htm for detailed instructions on how to register and proceed, click on the "Help Read Me" First Button on the left hand side of the page. When registering, ensure organization identification is the HQ, Installation Management Agency. This will ensure accountability for

tracking training accomplishment. Participants need to give a copy of the training certificate to their training coordinator. The training coordinator needs to fax the certificate to Joan Street, certified POSH Instructor at 533-3366 so the participant will be added on the POSH database and receive credit for taking the training.

It is the Army's policy that all Army employees, including managers and supervisors, attend the initial 2-hour block of training in the Prevention of Sexual Harassment. Therefore, if any employee has not received the initial training in the Prevention of Sexual Harassment, they should contact Joan Street at the Fort Huachuca EEO Office at 538-0276 or e-mail her at joan.street@hua.army.mil.

Make your mark

BY JULIE MARTIN
RWBAHC PRESS RELEASE

The health center will observe National Health Care Risk Management Week, June 20-24. This year's theme is "Make Your Mark." The purpose of medical risk management is to enhance patient safety and reduce the incidence of medical errors.

"Every day, risk managers make their mark on health care in America, promoting safe and effective patient care practices and the maintenance of safe working environments," Col. Thomas W. Smith, the health center com-

mander said.

Lt. Col. Sandra L. Smith, Deputy Commander for Health Services said, "This week, we will honor and recognize all health center employees who bring pride to the organization through their proactive measures in providing safe and trusted health care."

Various activities will be ongoing throughout the week at the health center. For more information about the center's observance of National Health Care Risk Management Week please contact Julie Martin, risk management coordinator at 533-2460.

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Army testing new types of eye protection

ARMY NEWS SERVICE

About 400 Infantry trainees and cadre are testing several different types of combat eye protection that might eventually be issued to all Soldiers.

Col. Chuck Adams, the senior optometry consultant for the Army's Office of the Surgeon General, said the goal is to achieve a "culture change" from vision correction for some Soldiers, to eye protection for all.

"We're talking about putting eyewear on half a million Soldiers," Adams said. "And it's not so much about which product we choose, but the training. Combat eye protection is embraced for deployed Soldiers. We need to embrace it for all Soldiers."

Eye injuries represent almost 16 percent of all injuries in Iraq and Afghanistan since March 2003, according to statistics from the Office of the Surgeon General.

As part of the Military Combat Eye

Protection Program, the surgeon general's office and the team from PEO-Soldier at Fort Belvoir, Va., are hoping the Soldiers in B Company, 1st Battalion, 50th Infantry Regiment, and D Co., 1st Bn., 329th Inf. Regt., will have some good feedback on three sets of spectacles.

"Eye injuries hit the radar post-1972 and the Arab-Israeli Wars," said Lt. Col. Emery Fehl, chief of optometry at Martin Army Community Hospital and the post's eye protection program liaison. In subsequent years, the Army researched and developed spectacles and goggles designed to combat a laser threat by blocking certain wavelengths. That, he said, is where the Army's current offerings, with their multiple lenses, came in. But the eyewear adopted in 1994 and issued in 1998 didn't pass muster with Soldiers.

Sarah Morgan-Clyborne, who has been working the eyewear issues with PEO-Soldier for about 12 years said

the second generation items, intended to provide spectacles and goggles that would share lenses, provide ballistic protection and support prescription lenses, was unsuccessful.

"We did not design a frame that was acceptable to Soldiers," Morgan-Clyborne said. "Protection was important, but not a motivating factor."

The missing factor? "It was a great product," Adams said, "but it doesn't look like an Oakley and doesn't look cool."

So the Army entered the formal contracting process with several commercial vendors, Morgan-Clyborne said, and also receives unsolicited proposals.

"We evaluate (the eyewear) for industry safety standards and ballistic fragmentation protection, then rank the products and place them on an authorized protective eyewear list," she said.

Individual commanders can select eyewear for their unit from that list.

Right now, the ballistic protection piece is more important than the laser threat, Fehl said. Of the 345 eye inju-

It was a great product, but it doesn't look like an Oakley and doesn't look cool.

**Col. Chuck Adams,
the senior optometry consultant for
the Army.**

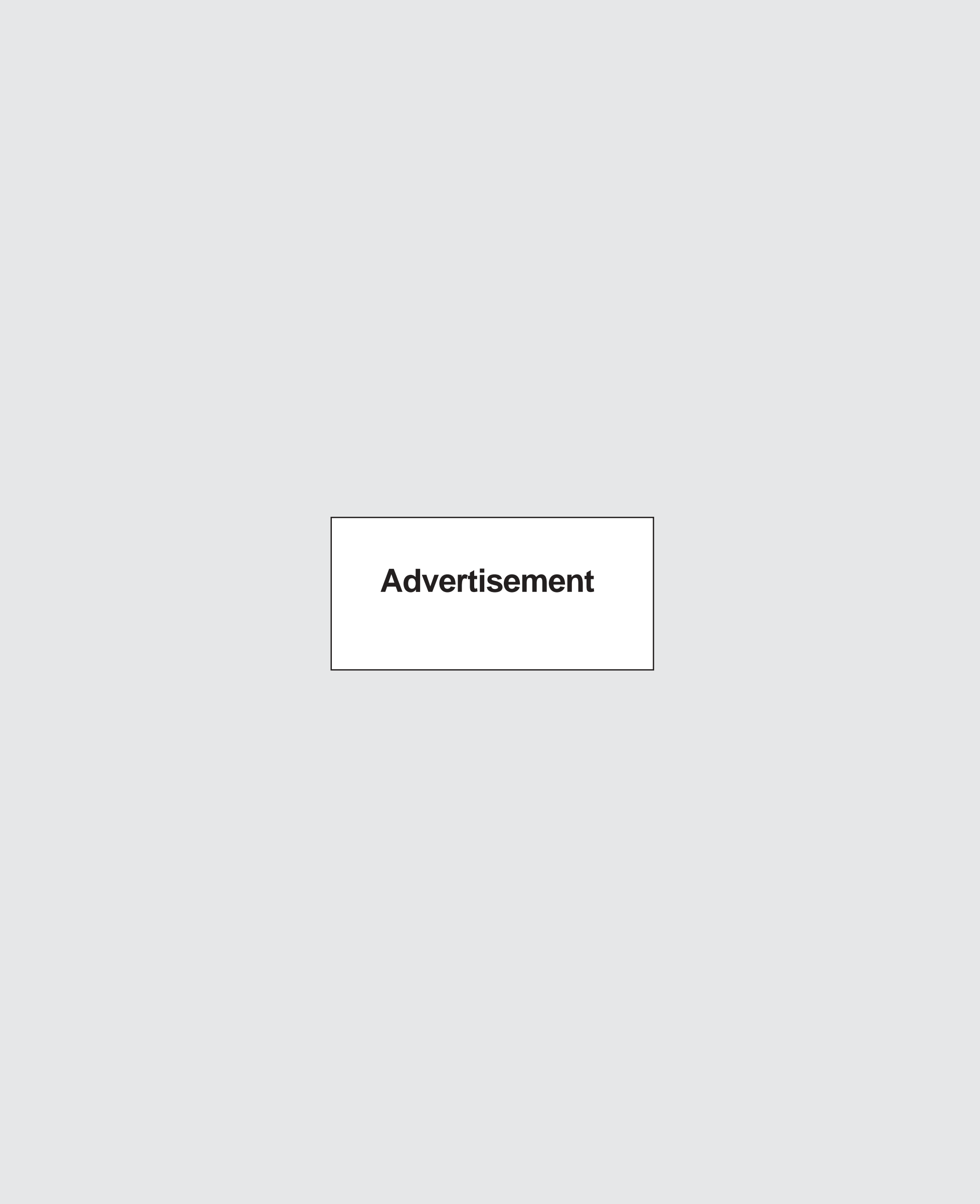
ries evacuated from Iraq and Afghanistan after March 2003, three Soldiers are totally blind and 44 have total loss of vision in one eye.

But eye injuries aren't limited to combat operations.

Adams said one of his first patients as a young doctor in Germany was a sergeant with a prosthetic eye because of an accident on a range.

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Photo by Sgt. Joy Pariente

Farewell to deputy commanding general

Brig. Gen. Brian A. Keller, deputy commanding general, U.S. Army Intelligence Center and Fort Huachuca, and his wife bid farewell to Fort Huachuca at his going away ceremony on June 6. Keller is set to report to a new overseas duty station to become the director of intelligence for the U.S. European Command. Keller has been assigned to Fort Huachuca since August 2004.

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How to prevent animal bites

**BY CAPT. AMY L. PIKE,
DVM**
VETERINARY TREATMENT
FACILITY

History:

"Man's Best Friend" bites nearly five million people every year. More than half those injured are children and about 380,000 require emergency room treatment. Dog bites are the second leading cause of emergency room admission for children, right behind baseball/softball accidents. These numbers do not even include cats. Since even good dogs and cats can bite when they feel threatened or frightened, what can we possibly do to avoid getting bit?

What to do:

First and foremost, avoid the situation. Do not approach an unfamiliar dog or cat. Always check with the owner before approaching an animal. If a dog is growling or showing signs of aggression, do not stare him down or yell at him. Children, especially infants, should never play with an animal without adult super-

vision. Do not disturb a dog or cat that is eating, sleeping or caring for puppies or kittens. Dogs that are tied up should never be approached because they are more likely to bite than loose dogs. By avoiding any situation that is considered high risk, you decrease the likelihood of getting bit.

Secondly, know the signs of an aggressive animal. Dogs will usually raise their hackles (a ridge of hair along their back), lunge, bark loudly, snarl, bare their teeth and point their ears forward. Fear-biters, one's who will bite merely because they are scared, are classically seen tucking their tail between their legs. Cats typically have little to no body language warning signs, but may produce a low growl or give a warning hiss or paw swipe.

Thirdly, you should always remember to remain motionless when approached by an unfamiliar dog. If a dog is chasing you, absolutely do not run or scream. You are merely satisfying their desire to

chase and dominate. If knocked over by a dog, roll into a ball, protecting your head and neck with your arms, and lie as still as possible.

Pet Owners:

As a pet owner, you need to remember that you are responsible for your pets' actions. If your dog or cat has ever bitten anyone, you need to exercise extreme caution with that pet and be honest when people approach. Don't forget to be fair to your pet too. It is impossible to "force" that behavior out of them, and by putting added pressure on them to behave in a similar future situation, you could exacerbate the behavior. Pets that are prone to aggressive outbursts need slow controlled exposure to people, and they need to be rewarded for calm behavior, rather than punished for their aggression. Also, remember to vaccinate your pet against Rabies ... not only is it the law, but it will save future headaches should your pet ever bite anyone. If your dog or cat is dis-



Courtesy photo

Always be cautious around unfamiliar animals.

playing inappropriate aggressive behavior, or is involved in a bite/scratch incident, seek advice from a veterinarian or animal behaviorist.

What to do in the case of a bite:

What should you do if you receive a bite (or scratch) from a dog or cat (or even a wild bat, raccoon, or skunk)? Seek medical treatment immediately for the wound. Dogs' and cats' mouths and nail beds are full of bacteria that could result in infection if you do not seek medical attention. Next, if this is not your pet, contact the owner of the pet, if possible, to determine the vaccination status of the animal. They will have to confirm this with the veterinary hospital.

If the animal is a stray, the local animal control, or Military Police will attempt to collect the animal for quarantine and observance. Next, make sure that a bite report is initiated on this incident. If you seek medical attention on-post during duty hours, a bite

report should automatically be initiated. If you have to seek medical attention after duty hours, off-post, make sure that you contact either the MP Desk or the Preventive Medicine Dept in the hospital to report the bite ASAP.

Once a bite report is initiated, the animal will have to undergo a quarantine period, either at the owner's home, or at the veterinary hospital. This will be determined by the animal's vaccination status at the time of the incident. If the animal is a stray, or cannot be collected and observed, you will likely need to receive Rabies prophylaxis. Because of the dangers of Rabies, it is imperative that this treatment be completed when wild, or unquarantined animals are involved.

Remember! Protect yourself, your friends, and your family members against animal bites. Know what to avoid, what not to do, how to be a good pet owner, and what to do in the unfortunate event that you do get bit.



Photo by Amanda Keith

Even the most docile-looking animal can become ferocious if it feels threatened or intimidated by its surroundings.

Chu Urges Renewed Focus to Reduce Preventable Accidents

AMERICAN FORCES PRESS SERVICE

The Defense Department wants servicemembers and civilians to concentrate on safety whether they're on or off duty, DoD's top personnel official said.

Each year scores of sailors, soldiers, Marines, airmen and Coast Guard members, as well as DoD civilians, are killed or injured by preventable accidents, David S.C. Chu, undersecretary of defense for personnel and readiness, said.

For example, "we lose several hundred military persons a year in motor vehicle accidents," Chu pointed out, noting, "that tragic record continues" during military operations in Iraq and Afghanistan.

DoD has been evaluating its safety policies and programs as part of its transformation efforts, Chu noted. In a May 2003 memorandum Defense Secretary Donald H. Rumsfeld stated that top organizations like DoD "do not tolerate preventable accidents."

The secretary directed Chu to lead the effort to reduce the number of mishaps and accident rates within DoD by 50 percent over the next two years.

"These goals are achievable and will directly increase our operational readiness," Rumsfeld said in the

memo, adding, "We owe no less to the men and women who defend our nation."

Meeting the secretary's short-term safety goal requires "real process change" across the department, Chu pointed out. To facilitate that change, the Defense Safety Oversight Council was established, he noted, comprised of the undersecretaries of defense, the vice chairman of the Joint Chiefs of Staff and the undersecretaries of the military departments.

That group meets every other month, Chu observed, to provide guidance "and to monitor the accident-reduction efforts the department is undertaking."

DoD's long-term safety goal, Chu explained, "is zero preventable mishaps." The council's existence, he noted, demonstrates DoD's senior leadership "is involved in pursuing this goal."

Also, Chu said, a series of task forces have been set up to address safety concerns in military aviation, training, deployment operations, installation/industrial operations, privately operated motor vehicle safety, and workmen's compensation.

Chu said another task force examines acquisition/technology safety issues, while yet another looks at estab-

lishing a DoD-wide safety monitoring system. A general officer or a senior executive service civilian heads each task force, he noted, which all utilize input from safety experts from across DoD and private industry.

The acquisition/technology task force, Chu explained, studies lessons learned to improve safety standards for present and future military systems. For example, he said, the task force examined the issue of missing or outdated safety features on tactical military vehicles.

These goals are achievable and will directly increase our operational readiness. We owe no less to the men and women who defend our nation.

Secretary of Defense
Donald H. Rumsfeld

As a result, he pointed out, the Army is now retrofitting its heavy-truck fleet – including trucks used in combat theaters — with quick-release, multi-point seat belts and anti-lock brakes.

"Vehicle crashes are the largest accidental killer of U.S. military personnel," Chu asserted, noting that in Iraq Humvees and tactical cargo trucks "comprise the largest segment of accidental vehicle deaths." Department safety experts believe that ensuring seat belt usage by servicemembers, controlling speed, and managing driver fatigue "can reduce these accidents," he said.

And the leading noncombat-associated killer of service members, Chu said, is privately operated vehicle accidents – including motorcycles.

The highest risk group in this category, Chu noted, includes servicemembers 18 - 24 years of age. Military commanders, he said, will continue to issue safety messages to troops "to re-emphasize the need to exercise good judgment."

Chu told care providers at the Tricare conference that medical surveillance is a "key element" of DoD's injury-reduction program.

"We need to know where, when and why an injury occurs," he explained, noting it's important to know not only the types of servicemember injuries, "but also the causes."

"Important progress" has been made on the safety front, Chu maintained, but he noted, "We've got a long way to go to meet the secretary's goals."

Advertisement

Range Closures

Today – AA, AB, AC, AD, AF, AN, AP, AU, AW, T1, T1A, T2, T3
Friday – AA, AB, AC, AD, AF, AN, AP, AQ, AU, AW, T1, T1A, T2, T3
Saturday – AB, AC, AD, AF, AL, AN, AW, T1, T1A, T2, T3
Sunday – AB, AC, AF, AL, AW, T1, T1A, T2, T3
Monday – AB, AC, AF, AG, AL, AR, AU, AW, AX, AY T1, T1A, T2, T3

Tuesday – AB, AC, AF, AG, AL, AM, AR, AU, AW, AX, AY, T1, T1A, T2, T3

Wednesday – AB, AC, AF, AG, AL, AR, AU, AW, AY, T1, T1A, T2, T3

For more information on range closures, contact Range Control at 533-7095. Closures are subject to change.

System delay

AFGE Local 1662 was informed that the Department of Defense intended to delay the July 1 implementation of the National Security Personnel System. No date for the implementation has, of yet, been published. NSPS has caused considerable concern for employees, supervisors, and

unions due to the current lack of implementing guidance - which may also be the reason for the implementation delay. Updates on NSPS are always available from AFGE Local 1662 at 533-2879. We also intend to include discussion(s) of the updates during our monthly membership meetings on the third Wednesday of each month, at 4:30 p.m., at building 41414. Membership is not required to attend the monthly meetings.

Road paving

The Directorate of Public Works will be repaving Butler Road between Christy Avenue and the Canelo Road and the Gatewood Road intersection. The repaving is expected to be completed by July 1. The road will remain open while the repairs are underway. For more information, call 533-1443.

Office closure

The NETCOM/9th ASC, ACofS, G8 will be closed June 30 at 11 a.m. for the annual picnic. The office of ACofS, G8 will be minimally staffed

during this time. For more information, call Fran Lopez and 538-6881.

AAFES program

A corporate decision has been made that AAFES will use the national program “Code Adam” in all Main Stores.

The program is to help protect children in our stores. During the next few weeks, training facilitators will be training all managers, supervisors and associates in the main stores only. Training facilitators can obtain the video about “Code Adam” from your area Loss Prevention manager. They can also help with the training if they are available. For more information, call Stan Young at 458-7211 ext. 14.

Robo-Tech Camp

The Joint Interoperability Test Command and the National Science Center will host the first ever DISA Field Site Robo-Tech Camp.

The camp will be held at 8:30 a.m. – 3:30 p.m. on July 11 – 15 at the JITC building 57305. Students who will enter the 6th – 8th graders in the fall of 2005 are eligible to participate. Participants will be chosen based on completion of an essay. Camp students will learn how to program the

robot to complete simple to complex challenges, including a Mars Rover challenge. Essays can be submitted via e-mail to JITC_camp@disa.mil, faxed to 533-4825, or mailed to Joint Interoperability Test Command, ATTN: JTDA (Mr. Kaczkowski), P.O. Box 12798, Fort Huachuca, AZ 85613-2798. The cost for this camp is \$100.

For more information, call Anita Bickler at 538-5018 or Chris Kaczkowski at 538-5439 or send an e-mail to JITC_camp@disa.mil.

Oasis Cafe

The Post Chapel sponsors a coffee house for initial entry training students on selected Friday nights: 7-10 p.m. on June 10, 24, July 8, 22; Aug. 12, 26; Sept. 9, 23. This provides soldiers a safe environment, plenty of snacks, board games and music. Volunteers are needed to help with baking and volunteering on-site, 6 p.m. – 10 p.m. on those Friday nights. Baked goods should be delivered to the Main Post Chapel by noon the day of the event.

The Oasis Cafe is located in the Prosser Village Chapel Annex on the corner of Bissel and Stein Rd. For more information, call Josephine Moore at 533-4748.

Chaplain's Corner

Springtime in the southeast Arizona Theatre of operations, part two

BY CHAPLAIN (CAPT.) SCOTT DANIEL

504TH SIGNAL BATTALION CHAPLAIN

This article is a continuation from the 23 edition of The Fort

Huachuca Scout, published June 9.

Does he rejoice? Is he relieved? Is he overcome by the power of God? NO! His response is “Prove it.” Now most of us know the story of how Jesus appeared to the dis-

ciples again and invited Thomas’ belief by offering exactly the proof he had asked for. Thomas was pretty much the epitome of the man mentioned in the book of James, Chapter 1 who looks at his reflection

in a mirror but once having turned away, immediately forgets what he himself looks like. That is the illustration of someone who has a short memory.

(Article to be continued next week)

Protestant Sunday Services		
8 a.m.	Episcopal	Main Post
9:20 a.m.	Gospel	Kino Chapel
9:30 a.m.	Protestant	Prosser Village
11 a.m.	Cross Roads	Cochise Theater
11 a.m.	Collective	Main Post
3:30 p.m.	ALPHA	Prosser Village
Roman Catholic Worship		
Mon.-Fri.	11:30 a.m.	Main Post
Saturday	4 p.m.	Main Post
Confession		
Saturday	5 p.m.	Main Post
Mass		
Sunday	9:30 a.m.	Main Post
Mass		
Sunday	11:30 a.m.	Kino Chapel
Mass		
Jewish Worship		
Friday	7 p.m.	Main Post

Catholic		
<u>Main Post Chapel</u>		
CCD	Sunday	10:45 a.m.
Adult	Sunday	10:45 a.m.
Apologetics		
Adoration of the	Friday	3 - 6 p.m.
Sacrament Blessed		
Korean OCIA	Friday	7p.m.
MCCW	1st Friday	7 p.m.
Protestant		
<u>Main Post Chapel</u>		
PWOC	Tuesday	9 a.m.
Sunday School	Sunday	9:30 a.m.
<u>Kino Chapel</u>		
Women's Ministry	1st, 3rd Friday	6 p.m.
Bible Study Fellowship		
Adult/Youth	Sunday	8 a.m.
Sunday School		

Youth Church	1st, 2nd, 3rd, 5th Sunday	
Men's Choir	Tuesday	7 p.m.
Rehearsal		
Women's Choir	2nd Tuesday	7 p.m.
Rehearsal		
Adult Bible Study	today	6 - 7 p.m.
Youth Bible Study	today	6 - 7 p.m.
Sanctuary Choir	today	7 p.m.
Rehearsal		
Youth Ushers	Saturday	10 a.m.
Youth Choir	3rd Saturday	10:30 a.m.
Youth Emphasis	4th Saturday	
Saturdays		
Drama Team	Saturday	8:30 a.m.
Youth Min. Staff	Saturday	10 a.m.
& Parents Meeting		
Youth Choir	Saturday	10:30 a.m.
Rehearsal		
<u>Murr Community Center</u>		
Teens and	Sunday	9:20 a.m.
Pre-teens Study		
Parish Council	1st Sunday after service	

Meetings		
Women's Ministry	2nd Sunday	
Meetings		
Youth Ministry	3rd Sunday	
Meetings		
Adult Usher	4th Sunday after service	
Meetings		
Men's Ministry	Saturday	8 a.m.
Bible Study		
Women's Choir	5th Saturday	11 a.m.
Rehearsal		
Muslim Prayer		
Friday	11:30 a.m.	Main Post
Buddhist Weekly Teaching		
Tuesday	6:30 p.m.	Prosser Village
Orthodox Divine Liturgy		
Sunday	10 a.m.	Main Post
Latter Day Saints Service		
Sunday	1 p.m.	Prosser Village

Advertisement

PROTECTION, from Page A6

“We want to protect Soldiers’ vision,” Adams said, and one of the ways to do that is by issuing CEP to every Soldier.

Fort Benning is the only installation conducting the combat eye protection test, and Fehl said the end number of around 400 makes this test more valid.

“This is the right place to do this testing,” Fehl said. On April 8 and 9, the two companies received a mass issue of the first set of eye protection, the UVEX XC. Soldiers wore them during field training for two weeks, then critiqued them.

In May, Soldiers from B Co., 1st Bn., 50th Inf. Regt. put the second set — ESS ICE 2 spectacles — through the paces on the range. The Soldiers have yet to see the Revision Sawfly, the third set they’ll test. Based on the data, the company will wear the preferred eye protection during their seven-day capstone field exercise.

Pvt. Duncan Kiruthi, a B Co. Soldier, doesn’t normally wear eye protection. In the first day on the range, Kiruthi had reservations.

“I’m not feeling confident,” he said. But Kiruthi thought since it was his first time firing a weapon it would get better and didn’t expect the eyewear to be a factor. One of the company’s drill sergeants, Staff Sgt. Jefferson Negus, said the Soldiers, and some of the cadre, have been putting the eye pro-

tection on every time they don their Kevlar and equipment.

“The glasses are getting a full set of abuse,” Negus said. “We’ve had breakage, but we haven’t seen a pattern. They seem to be fitting the durability standard. He said he felt much more protected and the two glasses he’s tried are light enough not to bother him. Negus, a combat veteran who served with the 101st Airborne Division (Air Assault) in Mosul, said his unit had eye protection, but it was a personal choice whether or not to wear it.

“That’s what we’re trying to change,” Adams said. “We want to instill the feeling that something’s missing when they walk outside (without eyewear). Soldiers are willing to walk around garrison with a little bit of blur, but out in the desert, they want the best possible vision. They must train as they fight.”

Training as they fight means Soldiers would be issued combat eye protection, frame of choice and protective mask inserts for those Soldiers needing corrective lenses, and eye protection for those without a need. The Army currently only issues S-9 glasses to initial entry Soldiers who need vision correction.

Issuing the eye protection to all Soldiers is a move Negus thinks is long overdue.

“I don’t think the Soldiers see the value in them yet,” Negus said. But another of B Co.’s Soldiers

likes the idea and said the glasses are working well for him.

“They have saved me a couple of times already from getting an eye injury,” said Pvt. Joseph DeLair, “especially during land nav walking through the woods and bushes.”

While the eye protection will cost between an average of \$16 to \$40 per Soldier, Adams said it will be partially offset by no longer issuing the S-9 glasses Soldiers don’t like.

“It’s tough to talk numbers,” Adams said. “But the important point is — if you lose one eye, the Army pays a Soldier upwards of \$1 million for disability.”

HOUSING, from Page A3

time, such as kitchen and bathroom updates. “We are strictly working on major infrastructure issues to keep the houses standing for another 100 years,” White said.

The historical renovations will take approximately three years for planning and execution, White said. The first FY06 phase is expected to be awarded in Spring 2006, with construction starting in June. Estimated completion of the project is summer 2008.

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Photo by 1st. Lt. Andrea-Bernadette Pratt

86th's new leader

Lt. Col. Thomas F. Washer II, Col. Michael S. Yarmie, and Lt. Col. Arlester Vernon Jr. cross Brown Parade field during a change of command ceremony for the 86th Signal Battalion last week. Vernon relieved Washer and took command of the battalion.

Advertisement



Summer riding camps introduce kids to horses

BY DAN SIMON
SCOUT STAFF

"Smoke" doesn't feel like working this morning. So the 20-something gray gelding does his best to elude 11-year-old Eddie Lyngar.

The uncooperative animal leads Eddie all over the corral, occasionally stopping to let him catch up before trotting away once the boy gets close.

"There are 52 personalities here," Debra Wilson said. "They (the horses) all have their unique personalities. I refer them as 'children' sometimes. They act like it."

"They have their stubborn days where they don't want to listen. They're my kids."

Wilson is a Directorate of Morale Welfare and Recreation staffer who works at the post's "Buffalo Corral." Her, Eddie and Smoke (somewhat reluctantly) are participating in the summer camp riding program MWR offers at the corral.

The week long camp teaches young riders (from age 7 to 17) the basics. They learn horsemanship, western pleasure riding, grooming and safety, according to the camp brochure. So far the program has been pretty popular too. Two camps this summer (June 20-24 and July 18-22) are advanced versions of the program and only open to advanced riders; all other camps are beginner oriented. No camp is scheduled for July 4 through 8.

"We take eight students per camp," Wilson said, "and we have a waiting list for all this year's. This is my third year doing it and it's been done at least two years before that."

"We teach them how to groom, saddle and ride the horses. Plus we teach them to respect the horses and trust the horses. They're so intimidated by the size of the horse."

The camp, which runs from 8 a.m. to noon each day, starts off slowly.

The emphasis is on giving the riders and the horses a chance to develop

relationships with each other, a process that is made easier by the staff's selecting the gentlest, most experienced animals available for the riders.

Many of the horses used for the camp are either in their late teens or early 20s, and have lots of experience.

"They're what we call 'beginner horses,' Wilson said. These guys are pretty calm, easy going horses."

This group of budding equestrians runs in ages from eight to 11 years old. Most of the kids are first-timers but there are one or two returnees from last year's camps.

"She's so excited," Christine O'Rahilly said about her 9-year-old daughter Kaitlyn, a first-timer. "All it's been is 'How many hours to horse camp? Can I have a horse for Christmas? They couldn't even sleep the first night. They already know all the horses names just after the first day."

The camp's timing was perfect for O'Rahilly too.

"Plus I signed her up because her

dad (Chief Warrant Officer Daniel O'Rahilly) left for Korea yesterday," she said, "and now she's distracted."

The participants start out by learning about equipment and how to handle themselves around the animals. Volunteer Jennie Aamodt spent time showing them how to walk around a horse safely. The lesson included advice on how to avoid getting kicked and how to keep the horse comfortable. From there, instruction turned to how to properly groom the animals and what the different grooming brushes are for.

"It gets a little boring," said staffer Mary Lou Whittington, "but it establishes familiarity with the horses. They get to know each other and trust each other."

It seemed to be working for 8-year-old Morgan Davis who had clearly established a rapport with "Ben" another of the stable's older horses. The two already looked like long-time friends.

"He's really sweet," she said.

The camp costs \$98 per participant.



Above: Fiona Priteo, 8, organizes her horse's equipment.

Above right: the tack room at the Buffalo Corral.

Left: a camper grooms her horse.

Right: Morgan Davis, 8, and Ben (20ish) share a moment.

Photos by Dan Simon

Below: campers get some practice riding their horses.



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Ultimate sacrifice paid in support of OIF

Two soldiers who were supporting Operation Iraqi Freedom died Saturday in Al Taqaddum, Iraq, when an improvised explosive device detonated near their military vehicle.

Killed were:

Spc. Casey Byers, 22, of Schleswig, Iowa. Byers was assigned to the Army National Guard's 224th Engineer Battalion, Ottumwa, Iowa.

Sgt. 1st Class Neil A. Prince, 35, of Baltimore, Md. Prince was assigned to the Army's 2nd Battalion, 17th Field Artillery Regiment, 2nd Brigade, 2nd Infantry Division, Fort Carson, Colo.

Two Soldiers who were supporting Operation Iraqi Freedom died Saturday in Owesat Village, Iraq, when their armored personnel carrier was hit by an improvised explosive device. Both Soldiers were assigned to the Army National Guard's 150th Combat Engineer Battalion, 155th Brigade Combat Team, Lucedale, Miss.

Killed were:

Sgt. Larry R. Arnold Sr., 46, of Carriere, Miss.

Spc. Terrance D. Lee Sr., 25, of Moss Point, Miss.

Sgt. First Class Victor H. Cervantes, 27, of Stockton, Calif., died Friday in Orgun-e, Afghanistan, when he came under small arms fire while on patrol. Cervantes was assigned to the Army's 1st Battalion, 7th Special Forces Group (Airborne), Fort Bragg, N.C.

Staff Sgt. Mark O. Edwards, 40, of Unicoi, Tenn., died June 9 at his forward operating base near Tuz, Iraq, from a non-combat related cause. Edwards was assigned to the Army National Guard's 2nd Squadron, 278th Armored Cavalry Regiment, Erwin, Tenn.

Sgt. Roberto Arizola, Jr., 31, of Laredo, Texas, died June 8 in Baghdad, Iraq, when an improvised explosive device detonated near his HMMWV. Arizola was assigned to the Army's 297th Military Intelligence Battalion, 513th Military Intelligence Brigade, Fort Gordon, Ga.

1st Lt. Michael J. Fasnacht, 25, of Columbus, Ga., died June 8 in Tikrit, Iraq, when an improvised explosive device

detonated near his Bradley Fighting Vehicle. Fasnacht was assigned to the 1st Battalion, 15th Infantry Regiment, 3rd Brigade, 3rd Infantry Division, Fort Benning, Ga.

Pfc. Emmanuel Hernandez, 22, of Yauco, Puerto Rico, died June 8 in Shkin, Afghanistan, when his helicopter-landing zone came under enemy fire. Hernandez was assigned to the Army's 319th Airborne Field Artillery Regiment, 173rd Airborne Brigade, Vicenza, Italy.

Pfc. Douglas E. Kashmer, 27, of Sharon, Pa., died June 8 in Nippur, Iraq, when the wrecker in which he was a passenger was involved in a non-combat related rollover. Kashmer was assigned to the Army's 70th Transportation Company, Mannheim, Germany.

Sgt. Michael J. Kelley, 26, of Scituate, Mass., died June 8 in Shkin when his helicopter landing zone came under enemy fire. Kelley was assigned to the Army National Guard's 101st Field Artillery Battalion, Rehoboth, Mass.

Two Soldiers who were supporting Operation Iraqi Freedom died on June 8 in

Tikrit of injuries sustained on June 7 in Tikrit when an explosion of unknown origin occurred near their location. Both Soldiers were assigned to the Army National Guard's Headquarters and Headquarters Company, 42nd Infantry Division, Troy, N.Y.

Killed were:

Capt. Phillip T. Esposito, 30, of Suffern, N.Y.

1st Lt. Louis E. Allen, 34, of Milford, Pa.

The incident is under investigation.

Spc. Eric T. Burri, 21, of Wyoming, Mich., died June 7 in Baghdad when an improvised explosive device detonated near his HMMWV. Burri was assigned to the 623rd Quartermaster Company, 1st Corps Support Command, Fort Bragg, N.C.

Lt. Col. Terrence K. Crowe, 44, of New York, N.Y., died June 7 in Tal Afar, Iraq, when his unit was attacked by enemy forces using rocket-propelled grenades and small arms fire. Crowe was

See **CASUALTIES**, Page A21

Advertisement

CASUALTIES, from Page A20

assigned to the Army Reserve's 10th Battalion, 98th Regiment, 4th Brigade, 98th Division, Lodi, N.J.

Spc. Brian M. Romines, 20, of Simpson, Ill., died June 6 in Baghdad where an improvised explosive device detonated near his HMMWV. Romines was assigned to the Army National Guard's 2nd Battalion, 123rd Field Artillery, Milan, Ill.

Col. Theodore S. Westhusing, 44, of Dallas, Texas, died June 5 in Baghdad from non-combat related injuries. Westhusing was serving with the Multi-national Security Transition Command-Iraq and was assigned to the United States Military Academy, West Point, N.Y.

Three Soldiers who were supporting Operation Iraqi Freedom died on June 5 in Baghdad when an improvised explosive device detonated near their military vehicle. They were assigned to the 3rd Squadron, 3rd Armored Cavalry Regiment, Fort Carson, Colo.

Killed were:

Staff Sgt. Justin L. Vasquez, 26, of Manzanola, Colo.

Spc. Eric J. Poelman, 21, of Racine, Wis.

Pfc. Brian S. Ulbrich, 23, of Chapmanville, W. Va.



Service News



Company I sticks to basics, counters enemy attacks

Cpl. Adam J. Miller, a squad leader with 2nd Platoon, led his men and Iraqi Security Forces soldiers on a routine patrol through the sand and dirt near Al Karmah as the sun peaked over the horizon.

Even though the Marines from Company I, 3rd Battalion, 8th Marine Regiment, were on a routine patrol, any manner of dangers could arise. According to this Lakeville, Minn., native, Marines must remain vigilant and alert during their missions and most importantly fall back on the skills learned during basic training to accomplish their mission.

The skills Miller refers to are techniques each infantry Marine learns while completing their military occupational specialty training at the School of Infantry. The Marines use these skills on a daily basis when conducting operations, like patrolling, while fighting in the Global War on Terrorism.

"It's keeping yourself in the right frame of mind when you're out there patrolling," explained the

2001 Apple Valley High School graduate.

While on patrol, Marines keep their eyes peeled for anything out of the ordinary. Attention to detail, one of the basic skills learned in recruit training, helps identify possible areas where insurgents may be taking refuge.

"We were out patrolling and I just happened to notice a mortar casing and now we may go back there in the future to check for any weapons caches buried in the ground or in houses," Miller explained.

No matter what the location, Miller and his Marines look for anything that doesn't belong or looks out of place. Some places they travel they will rarely find anything of great concern, but there may be one time when they hit the jackpot.

"In the vast desert area, we more than likely won't find too much. But there is always a slight chance somebody or something may trigger us to find a large weapons cache," Miller said.

"The possibility of keeping the enemy from firing at us and the locals is why we do the basic stuff everyday."

Advertisement

Pre-concert party set for tomorrow night at Dillon's

Be sure to purchase tickets in advance and save

The 2005 Miller Lite Army Concert Tour is coming to Libby Army Airfield, Fort Huachuca, June 23. Gates will open at 6:30 p.m., and the show will start at 8 p.m.

Headlining the show will be award-winning, multi-platinum recording artist Jo Dee Messina, along with one of the most popular and successful comedians in America, "Carrot Top." The concert is open to the public.

Plan to attend the pre-concert party, 4 - 6 p.m., tomorrow, at Dillon's, 6415 Hwy 90, Sierra Vista. There'll be lots of prizes given away, including tickets to the concert. You will be able to purchase \$15 advance tickets at the pre-party, if you're not one of the lucky winners.

Tickets for the show are on sale now at the ITR Office, Desert Lanes, MWR Rents, Spur Western Wear locations, and area Safeway stores. General admission ticket prices are \$15 in advance and \$20 at the gate.

Tickets for active duty military E5 and above are \$12 in advance and \$15 at the gate. (These tickets must be purchased at one of the on-post locations.) E4 and below active duty military will be admitted free, with a ticket. Junior enlisted

Soldiers should contact their unit sergeant major for more information. Children five and under will also be admitted free.

Advance ticket sales will end the evening of June 22 at outlying Safeway Stores and Spur Western Wear locations. Sierra Vista Safeway will continue to sell advance tickets until 2 p.m., June 23, as will Desert Lanes and MWR Rents on Fort Huachuca. ITR will sell advance tickets until 4 p.m., June 23.

Although she is billed primarily as a country artist, Jo Dee Messina has also had considerable success in the pop/rock field, with her huge cross-over hit, "Bring on the Rain."

Since her debut in 1996, Messina has had nine number one songs, two number one albums, and has sold more than 5 million albums. Messina has been honored by the Country Music Association, the Academy of Country Music and the Grammy Awards.

The co-star of the show, Carrot Top stars for 15 weeks each year in Las Vegas at the MGM Grand, headlines another 100 plus concerts across the country and makes dozens of television appearances, which have included more than two dozen guest spots on the "Tonight Show."

For more ticket information, call 533-2404. For more general information, call 538-1690.

Easy access to concert for all

The 2005 Army Concert, starring Jo Dee Messina and Carrot Top, will offer easy access for all, whether you are attending from Fort Huachuca or from off-post.

For off-post traffic, the East Gate will be used exclusively for concert attendees, providing direct access to a parking lot within walking distance of the concert site. Just enter the post through the East Gate, from either the Highway 90 Bypass or Buffalo Soldier Trail, and follow the signs. Access will be controlled, but well-marked and quick.

Those who are attending from on-post are encouraged to park and ride the free shuttles, from either Chaffee Parade Field or Greely Hall parking facilities. Greely Hall, Building 61801, is located on Arizona Street. Chaffee Parade Field is located along Hunt Street.

Shuttles will begin running at 5 p.m. and transport you directly to the concert site. Return shuttles will begin at 10 p.m.

Get concert tickets today, tomorrow at PX, Mini-Mall

From 11 a.m. to 1 p.m., today and tomorrow, tickets for the Jo Dee Messina/Carrot Top Concert will be available at the Post Exchange and the Mini-Mall. Active duty military E4 and below are encouraged to pick up their free tickets during these times, at one of these locations. You must show your military ID card in order to get your free ticket.

Tickets for civilians and active duty military E5 and above, (prices listed above) will also be available during these times at the PX and Mini-Mall.

For more information, call 538-1690.

Right Arm Night is tomorrow at TMAC

The next Commanding General's Right Arm Night, will begin 4 p.m., tomorrow at Thunder Mountain Activity Centre.

Right Arm Night is a great opportunity to relax and socialize. Pay-as-you-go beverages and finger foods will be available. For more information, call 533-3802.

Father's Day special at Desert Lanes

Desert Lanes will offer the following Father's Day special, all day, Sunday: dads bowl for free, and kids bowl for \$1.50 per game; shoe rental will be \$1.50. For more information, call 533-2849.

Bingo to close temporarily, relocate

The MWR bingo program will close at its current location. The last day of play at LakeSide Activity Centre will be Sunday. Bingo will remain closed Tuesday, Thursday and June 25, and will re-open at Thunder Mountain Activity Centre beginning at 12:45 p.m., June 26.

To celebrate the move and to thank patrons for their loyal support, from 11:30 a.m. to 3 p.m., June 26, in addition to the regular bingo session, patrons will be able to enjoy free soft drinks, a free brunch buffet and several giveaways.

The bingo schedule at TMAC will be as follows: Tuesdays, Thursdays and Saturdays, bingo starts at 6:45 p.m.; Sundays, bingo starts at 12:45 p.m.

For more information, call TMAC at 533-3802.

MWR facilities closed for concert

The following MWR facilities will be closed all day June 23 in support of the 2005 Miller Lite Army Concert: Jeannie's Diner, Desert Lanes, Irwin Pool and the lunch buffet at Thunder Mountain Activity Centre.

Desert Lanes, Jeannie's Diner and Irwin Pool will re-open their regular hours June 24. The lunch buffet at TMAC will resume its schedule June 28.

Barnes Pool closed for swim meet

The pool at Barnes Field House will be closed June

25 and 26 to host the Thunder Mountain Aquatic Club Swim Meet. For more information, call 538-3858.

New class at Arts Center

The MWR Arts Center will hold a ceramic painting techniques class, noon - 2 p.m., beginning Saturday and continuing June 25 and July 2.

Cost is \$35 and the class is taught by Ulrike Tarquinio.

The Arts Center is located in Building 52008, Arizona Street. The facility is open 9 a.m. - 5 p.m., Tuesday - Saturday. For more information, call 533-2015.

Registration for swimming lessons

Registration for the final session of swimming lessons for 2005 will be held 8 a.m. - 2:30 p.m., July 4 - 8 at Barnes Indoor Pool. The session will be held July 19 - 29. Cost is \$30 per session.

For more information, call Karlie Hale at 533-3858.

Summer hours at Sportsman's Center

Summer hours are now in effect at the Sportsman's Center. The facility is open 10 a.m. - 6 p.m., Wednesday, Thursday and Friday, and 7 a.m. - 3 p.m., Saturday and Sunday.

Paintball is available 7 a.m. - 2:30 p.m., every Saturday and Sunday, with half-price paintball the first Saturday of each month.

For more information, call 533-7085.



Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to paula.german@hua.army.mil or visit us on the Web at mwrhuachuca.com



Movies

House of Wax plays at 7 p.m. Friday at Cochise Theater. For the complete listing of this week's movies, see Page 28.

Red hot Red Sox take out the Young Gunz



Photo by Amanda Keith

Fort Huachuca Young Gunz pitcher Donnie Taylor winds up for a pitch to a Red Sox batter.

BY AMANDA KEITH
SCOUT STAFF

Aggressive base running and an error filled first inning staked the Fort Huachuca Red Sox to a quick 4-run lead over the Young Gunz in post little league play.

The game was the next to the last of the season for both teams.

The Young Gunz led off the game and drew first blood, scoring a run during their first at bat. Then the Red Sox took advantage of Young Gunz catcher Ryan Anderson and stole five runs, ending the inning with the Red Sox up by four runs (in little league games, at-bats end if/when a team scores five runs).

The Red Sox continued their domination by keeping the Young Gunz from scoring at the top of the

second inning. When the Red Sox regained the plate, they scored three more runs, bringing the score to 8-1.

The Young Gunz began their rally at the top of the third inning when they scored two runs, making the score 8-3. However, the Young Gunz couldn't stop the Red Sox from scoring five more times, ending the inning and bringing the score to 13-3.

The top of the fourth inning brought some hope for the beleaguered Young Gunz; by taking advantage of the relief pitcher Dustin Bias, the Young Gunz scored five runs, making the score 13-8. However, the two-hour time limit for little league had been reached, and the game ended.

The final score was 13-8, Red Sox.

Bisbee and baseball at Fort Huachuca library

BY NATALIE DANFORTH
FORT HUACHUCA LIBRARY

Which Arizona community was the first to have a uni-formed baseball team? Could it have been Fort Huachuca in 1884? Where can you see a catcher's mask which appears to be summer headgear for Darth Vader? For answers, stop by Fort Huachuca's Main Library located at the corner of Smith Avenue and Arizona

Street, next to the Main Chapel Tuesday through Saturday. The library is now exhibiting a piece of local baseball history along with a series of historic framed photographs from the Bisbee Mining and Historical Museum's archives. The pictures are placed side by side with the same views of Bisbee photographed in the 1990's. The museum is the recipient of the 2005 Award of

Excellence from the Museum Association of Arizona and is an affiliate of the Smithsonian Institution. The exhibit will run through the summer.

According to museum staff, baseball has been a vibrant aspect of the social life in Bisbee and the surrounding area, even before Cochise County was separated from Pima County in 1882, and well before the Arizona Territory became a

state in 1912. The exhibit includes an autographed baseball belonging to one of Bisbee's 92-year-old citizens and a VIP shot of a former Bisbee sportswriter with Babe Ruth at the 1938 World Series in Chicago.

The Fort Huachuca Main Library is open Tuesday through Friday from 10:30 am to 7:30 pm and Saturday from 8:30 am to 5:30 pm. For directions and further

information call 533-3041. All are welcome to visit the library. Those without Ft Huachuca authorized vehicles may pick up visitor passes at the Main Gate. Proof of insurance and registration are required for entry.

For further information and directions to the Bisbee Mining and Historical Museum, call 432-7071. It is open 7 days a week.

Juneteenth – America's second Independence Day

SCOUT REPORTS

Juneteenth was recognized as America's second Independence Day by the Congress of the United States through the passage of Senate Joint Resolution 11 and House Joint Resolution 56 In 1997. Juneteenth represents a very important milestone in American history, when our nation finally and truly became "the land of the free." The date

was June 19, 1865 that General Gordon Grainger read his Third General Order in Galveston, Texas announcing freedom to the last of the enslaved Americans, two and a half years after the Emancipation Proclamation and two months after the Civil War had ended. Juneteenth is a date of commemoration, celebrated in 31 states, eight countries and U.S. territories; 16 states and the District of Columbia recognize

Juneteenth as a state holiday and many others have bills pending before their legislatures.

Tucson will continue its 35th annual recognition with a Festival in the Park, beginning Friday June 17 at 6:00 p.m. at the Kennedy Park Fiesta Area located at Ajo Way and La Cholla Blvd. Friday's program features gospel and inspirational performances from talented local participants. Saturday starts with open

microphone beginning at 4:00 p.m. and features up and coming singing sensation, Walt Anderson. Anderson was one of the 10 finalists on MTV's Making the Band II and will be appearing Friday and Saturday night. Other highlights include a local All Star band featuring legendary jazz trumpeter, Cass Preston; sultry, award winning blues

See JUNETEENTH, Page B7

Commander's cup golf standings as of June 14

TEAM	MATCHES PLAYED	POINTS
JITC TM#1	5	46
MEDDAC	5	33
IEW MAINTENANCE	5	30
M.P. COMPANY	5	26
ISEC	5	24
B CO, 305 TH MI	4	23
JITC TM#2	4	21
C CO, 305 TH MI	3	15
NETCOM TM#1	4	15
JITC TM#3	5	14
NETCOM #2	6	12
A CO, 306 TH MI	3	11

Commander's cup softball standings

TEAM	WIN	LOSS
B-305 MI#1	4	0
C-40 SIG	4	1
E-305 MI	2	2
C-305 MI	1	1
NCOA	1	1
HHC 11 SIG	1	3
HQ USAG	1	3
HQ -306 MI	0	3
HHC 111 MI IS REPLACING C-304 MI 23-May		

Sierra Vista 50th Anniversary



Countdown: Sierra Vista turns 50 in 49 weeks

EDITORIAL COMMENT:

The City of Sierra Vista will celebrate its 50th anniversary, “More than a city—a way of life,” May 26-28, 2006. In support of the city’s celebration, each month until the celebration weekend, The Fort Huachuca Scout will run one reprinted article from the 1955 and 1956 issues of the “Fort Huachuca Scout”, showing what fort life was like 50 years ago. Each week, we’ll print one or more highlights of what happened on Fort Huachuca a half century ago.

Sierra Vista was founded in 1956 and annexed Fort Huachuca in 1971. Now, as in the past, the two entities worked together and are involved in many partnerships.

The Fort Huachuca Scout has been in publication for 51 years

since 1951. Morgue copies of the “Scout” are available for viewing at the Fort Huachuca Public Affairs Office, Building 21115, 3015 Carnahan Street, across the street fro the gazebo at the west end of Brown Parade Field. Call 533-2622 for additional information. Enjoy reliving Fort Huachuca’s past 50 years, and reminisce as we travel back in time. - Joan Vasey

Reprinted from the June 16, 1955 “Fort Huachuca Scout”- FIRST ANNIVERSARY EDITION

“The Old Scout Reports” - Comment by the “Fort Huachuca Scout’s” fictitious mascot:

When the Old Scout joined the staff of the best newspaper in the Army ‘way back in 1954, we were the proud possessors of one slightly mangled type-writer, one ream of paper, and ideas. Today, through the courtesy of the post Quartermaster we have three typewriters, three reams of paper, and ideas.

It has been a tough fight, Ma, but we survived one year so far. Far be it from the Old Scout to blow bugles about things the paper has done in the past year, but we can’t help being a little proud of the product.

There is more to putting out a paper than punch-ing a typewriter. There are the long hours of rewrite,

the shows to review, make-up, and a dozen other things that the reader in large is not familiar with.

When the staff uses a vehicle, it must be ser- viced. Regardless of holidays, the staff still must work publishing the paper. There are the long hours at the printing office working on layout, writing headlines, and picture captions, besides all this, the staff members are still soldiers and must train and attend company formations.

Newspaper life is not a bed of roses. But ask any newspaper man to change professions. Nevva hopen! The Old Scout sincerely hopes that in the coming year the staff can continue to keep all personnel informed. If there is any way possible to improve the paper the staff will make every ef- fort to do it. Bear with us, ignore the typographi- cal errors, and we will do our best to bring you the news.

On May 16, 1955 “The Huachuca Scout” also featured the following:

Savings Bond Campaign Support Urged
Soldiers and civilians to be personally con- tacted. Payroll deduction urged. Army will give awards to units with largest participation.

Arizona Tourist

Make the weekend go by fast

BY SGT. JOY PARIANTE
SCOUT STAFF

What better way could there be to pass the weekend time than traveling 45 miles per hour, six inches off the ground and trying to hold your own against seven other speed demons? Whether you're a genuine driver, a rabid race fan or an avid couch racer, F1 Race Factory can put you in the driver's seat of a quick, light, European designed pro kart.

Now, most people think of amusement park tracks full of little kids and worried parents when they hear about kart racing, but at a pro kart track (both indoor and outdoor), drivers are skilled, speeds are fast and the track is patrolled for safety and good sportsmanship. Professional kart racing has local, national and world level race competitions.

According to their Web site, F1 Race Factory in Phoenix is the "first ever full service European style racing kart entertainment facility in Arizona." Race Factory also offers food, billiards, a climbing wall and video games to keep the whole family thoroughly entertained. For the less adventurous, more than 30 televisions are located throughout the facility, tuned to whatever sports are currently in play.

All necessary safety equipment is provided on site and included in your race fee. At the end of each race, the driver receives a stat sheet with lap times, best times and how well you rate against every other racer in the Race Factory database. There is also men's, women's and children's race related apparel and other paraphernalia located at the Proshop.

The F1 Race Factory is located east of Sky Harbor Airport, across from State Route 143 (Washington Street exit). They are open Sunday through Thursday from 11 a.m. to 10 p.m. and Friday and Saturday from 11 a.m. until midnight. Prices and packages are listed in the F1 site at www.f1racefactory.com.

Other local outlets for speed needs include the Tucson Kart Club, the Arizona Karting Association in Phoenix and Speedway Motor Sports in Phoenix. For those who want to get serious about pro karting, Bondurant Kart Racing School has locations in Mesa, Scottsdale, Tucson, Tempe, Chandler and Phoenix. Check out what they have to offer at www.bondurantsuperkarts.com.

To get yourself into that high octane mood, catch a Friday or Saturday night race at Manzanita Speedway at 35th and Broadway in Phoenix. Check out some speeding

and sliding on the third and half-mile clay tracks at the "track that action built."

According to their Web site, Manzanita has been "home to some of the finest dirt track racing in the country since 1951."

Manzanita was a failing dog track when new management stepped in and the first quarter mile race was held in 1951. Manzanita added a half-mile track in 1954 and hosted a 25-hour marathon race to break the track in, according to www.manzanitaspeedway.us.

You can watch super stocks,

modifieds, mini sprints, factory stocks, bombers, midgets, vintage cars, outlaws and sprint cars race during the Speedway's race season. Sprint cars heading around the track can reach between 90 and 120 miles per hour, flinging mud into the stands and often resulting in tumbling, rolling accidents.

Adult admission at the race track is \$12. Discounts are available for seniors, students and children. The 2005 racing season runs on Fridays and Saturdays from June 17 through November 19. For more information, visit www.manzanitaspeedway.us.



Photo by Sgt. Joy Pariente

Sprint cars dash around the one-third mile track at Manzanita Speedway.

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Advertisement

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Free tickets to Sidewinders game

Active duty military, National Guardsmen, reservists, retired servicemembers, fort civilian employees, contractors and their families have been offered free tickets to the annual Tucson Sidewinders Military Appreciation Night, Friday, at Tucson Electric Park.

The tickets are available at the Fort Huachuca Public Affairs Office on a first-come, first-served basis.

The gates at the ball park open at 6 p.m. Baseball action between the Sidewinders and the Portland Beavers begins at 7 p.m. Fireworks will follow the game.

After the fireworks, the Sidewinders invite families to "Sleepover night" whereby they may bring a tent (no spikes) and camping gear (no grills or campfires) and set up in the outfield.

For more information, call the public affairs office at 533-2752.

Golf Tournament

The 18th Military Police Detachment will be hosting their 2nd Annual Family Readiness Group Golf Tournament. The tournament will be a four person team scramble. Tee time is at 7:00 a.m. on Friday at the post golf course. RSVP for the tournament by 10 a.m. on Friday. The entrance fee for the tournament is \$45 per person; the price includes the greens fee, cart and lunch (members and participants with their own carts will have their entrance fees adjusted). Raffle tickets are 6 for \$5 and mulligans are 4 for \$5. There will be prizes for the longest drive, closest to pin and the longest putt. For more information, call Sgt. 1st Class Benny Roberts at 533-5342.

Free screening

There will be a free showing of Herbie: Fully

Loaded at 2 p.m. on Saturday at the Cochise Theater. Tickets will be available on June 15 at the Main PX Customer Service and at Anthony's II at the Mini Mall. For more information, call Becky Roberts at 458-7830, ext. 119 or 166.

Youth football and cheer

Registration for the Sierra Vista American Youth Football and Cheer is happening from 9:30 a.m. to 3:30 p.m. on Saturday at Big 5 Sporting Goods. Register early to guarantee a position. Volunteers are also needed to help with the event. For more information, call Keith Hampton at 458-2320 or e-mail SVYouthfootball@cox.net.

Juneteenth celebration

A Juneteenth celebration will take place at 5 p.m. Saturday at the Veteran's Memorial Park in Sierra Vista. The program is sponsored by the Women in NAACP. The theme for this year is "70's Disco - Back in the Day." Everyone is invited to attend and there is no charge to participate. For more information, call Anthony Isom at 533-6915.

Coaches' meeting

The coaches' meeting for the 3 on 3 Basketball Tournament will be held at 11 a.m., Monday at Barnes Field House. Units interested in participating in the tournament should attend this meeting. Entry fee is \$60 and there must be eight teams registered to conduct the tournament. The tournament will be held July 2, 3 and 4.

This is a recreational program, open to all authorized MWR patrons. For more information, call Michelle Kimsey at 533-3180 or e-mail: michelle.kimsey@hua.army.mil.

Photo camp

MWR will be hosting a Summer Photo Camp for

youth ages 10-14+. The camp will be from 10 a.m. to 2 p.m. on June 21, 28 and July 5 at the MWR Arts Center, Building 52008. The cost of the camp is \$75 per student, which includes a camera and all materials. For more information, call Ricardo Alonzo or Riki Tarquinio at 533-2105.

Concert volunteers

The "Jo Dee Messina / Carrot Top" concert to be held on 23 June, with gates opening at 6:30 pm, is in need of volunteers to work in the following areas: security, ticket sales, info booth, signage, wrist banding, gate ops, sponsorship, security and concessions.

Volunteer training will be held on the 20 & 21 June. To sign up as a volunteer, call Kim Bridges, Army Volunteer Corps Coordinator, at (520)533-6885.

Summer soccer camps for youth

Youth Services will hold week-long soccer camps for youth ages 5 - 14, the weeks of June 13 - 17, June 20 - 24 and June 27 - July 1. Morning camps will be held 10 a.m. to noon, and afternoon camps will be held 5 - 6:30 p.m., Monday - Friday.

Cost of the camps is \$25 per child, per week, and each participant will receive a ball and a t-shirt.

Register at the Youth Center Building 49013, across from Smith Middle School, or call 533-3212 or 533-3205 for more information.

Coaches' meeting

There will be a coaches' meeting for the Commander's Cup Volleyball program at 10 a.m., June 28 at Barnes Fields House. The volleyball program will begin July 11. For more information, call Tom Lumley at 533-5031 or e-mail thomas.lumley@hua.army.mil.

Pets Of The Week



Tank is a 2 year-old, male American pit bull terrier. Courtesy photo from petfinder.com.

These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit forthuachucapetfinder.com. In accordance with Army regulation, stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.



Marshall is a 2-year-old short hair, grey tabby. Courtesy photo from petfinder.com.

At The Movies

Showing at the Cochise Theater for the next week are:

Today -7 p.m.

The Interpreter
PG-13

Friday -7 p.m.

House of Wax
R

Saturday -7 p.m.

XXX: State of the Union
PG-13

Sunday -2 p.m.

XXX: State of the Union
PG-13

Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

Watch CAC

For the latest news on the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source. Tune in to our news block hours at four convenient times throughout the day.

Fort Huachuca's Channel 97 will discontinue airing of the weekly Fort Report for a short period of time. Spc. Nate Ludwig, the broadcaster in charge of the report, is leaving the Army and a civilian replacement has not yet been hired. The Scout will notify the community of the return of the Fort Report and until then, keep tuned to the CAC for other pertinent post information.



JUNETEENTH, from Page B1

artist, Lisa Otey; Phil Espinosa, former leader of Tucson's Oracle Band from the 70's and 80's; Mel Rivers, who sang with the Drifters; Levi Collins, who sang with the Platters; vocalist Ada Austin, and jazz stylist Joe Bourne. Also on the program are annual favorites, Barbea Williams, True Devotion-Motown Review; Marques Elliott from Phoenix, Arizona and a variety of performances from step routines and hip-hop/ dance to reggae and rhythm & blues.

The committee will be hosting a special KidZone with educational, game and art activities for children, from 3:00 – 7:00 p.m. on Saturday. The weekend event provides a variety of activities free of charge to the public.

For more information, call Burney Starks, 225-2670; 883-5511. Log on to www.tucsonjuneteenth.com or www.juneteenth.us.

Ask the Dietitian

Healthy fast food; it's possible

BY CAPT. JENNIFER L RODRIGUEZ
RWBAHC REGISTERED DIETITIAN

America, we have a problem! Obesity affects more than 300 million people worldwide and is directly responsible for many major health problems such as diabetes, heart disease, high blood pressure and even some forms of cancer. Results from the 1999-2002 National Health and Nutrition Examination Survey indicate that 65 percent of Americans are overweight or obese. But yet we still find a need to eat more and more food. Restaurants are notorious for increasing our portions and the calories and fat we consume is above and beyond what our bodies need. The modern convenience of the drive thru has definitely contributed to our problem. Fast foods can be high in calories and loaded with fat. But, that doesn't mean you can never

eat at a fast food restaurant again. Here are some guidelines to help you stay healthy and eat right.

First, be sure to pick a restaurant that has some variety. If the restaurant only serves fried fish, you'll have a hard time finding something healthy. More menu choices mean more healthy choices for you.

Be sure to choose grilled items instead of fried. Breaded fish and chicken are submerged in artery clogging fats and loaded with calories. Reach for that grilled chicken sandwich and avoid the mayo and cheese.

Keep those portions small. The value meal of today may or may not save you money but it will definitely not save you calories. Share a meal with someone or take half of it home.

Pile those veggies on your sandwich. More veggies mean more fiber and less calories and fat. Which brings

me to the salad ... the salad is generally considered a healthy alternative to burgers and fries, but if your salad has fried chicken breast, cheese, and high fat dressing, you've defeated your purpose. So, eat veggie salads with grilled chicken and a light dressing or try a squeeze of lemon. Who says we have to have french fries with our meal? Get more bang for your buck and choose a side salad instead.

Fast food shouldn't be a daily ritual, but making an effort to choose healthier foods when you do eat out will make a big difference in your quest for a healthy lifestyle and your body will thank you for it! Happy Eating!

Rodriguez is a registered dietitian at the Raymond W. Bliss Army Health Center on Fort Huachuca. Send questions to jennifer.rodriguez1@us.army.mil.

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